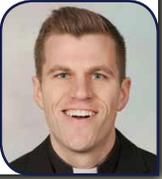
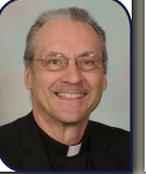




SPRING 2022 SCHEDULE · IN-PERSON AND ONLINE RETREATS

<p>January 14-16, 2022 Men and Women are from Eden</p> <p>with Fr. Nathan Hall</p>  <p>A practical and spiritual look at God's image and likeness expressed as male and female.</p>	<p>January 20-23, 2022 Women's Spiritual Exercises with Regnum Christi</p> <p>with Fr. Owen Kearns, L.C.</p>  <p>The Kingdom of Christ, 4-day Retreat Thursday - Sunday.</p>	<p>February 4-6, 2022 Unbound: Freedom in Christ†</p> <p>with Fr. William Holoubek</p>  <p>Live your baptism and the freedom of God's children. lincolndiocese.org/unbound</p>	<p>February 12, 2022 Holiness for Moms</p> <p>with Fr. Benjamin Holdren</p>  <p>Saturday reflection for Moms of Young People.</p>	
<p>February 25-27, 2022 Setting the Captives Free Weekend Retreat</p> <p>with Dan Burke of the Avila Institute for Spiritual Formation</p>  <p>Holiness from the Secrets of the Saints. spiritualdirection.com</p>	<p>February 26, 2022 Spiritual Warfare Conference at St. Patrick, Lincoln</p> <p>9am - 4pm Saturday Conferences at St. Patrick's Church, Lincoln on <i>Rules for the Discernment of Spirits</i>.</p>	<p>March 2, 2022 Ash Wednesday Reflection</p> <p>Day of Recollection, 9:30am - 3pm, virtual or in-person (bring a meatless lunch and donation) advance registration not required.</p> 	<p>March 4-6, 2022 Inner Healing Prayer†</p> <p>with Fr. Stephen Graeve</p>  <p>Taking a look under the hood with Jesus, to be the person he made you to be.</p>	
<p>March 11-12, 2022 "No Greater Love" Love - Marriage - Blessings</p> <p>with Jack & Johnette Benkovic-Williams</p>  <p>Couples 24-hour retreat, overnight or commuting.</p>	<p>March 25-27, 2022 The Holy Spirit in Daily Life</p> <p>with Fr. Brian Connor</p>  <p>A Lenten retreat, inviting you to experience the gift of the Spirit who brings strength and peace.</p>	<p>April 14-16, 2022 Holy Week Retreat for Young Women</p> <p>with the Marian Sisters</p>  <p>Holy Thursday to Holy Saturday. www.mariansisters.org</p>	<p>April 22-24, 2022 Praying in the Spirit</p> <p>with Fr. Christopher Kubat</p>  <p>Celebrate Divine Mercy Sunday.</p>	<p>May 6-7, 2022 Mary and the Eucharist 24-hour Retreat for Women</p> <p>with Janette Howe of Seven Sisters Apostolate</p>  <p>Explore the history, truth, and beauty of the relationship between the Holy Eucharist and Mary. sevensistersapostolate.org</p>

† Prayer teams will be available to pray with retreatants.
All retreats are open to either men or women, except Jan. 20, Feb. 12, Apr. 14, and May 6 are women only.
All retreats are available both in-person and online streaming.

Visit goodcounselretreat.org for more information!

Private and Silent Directed Ignatian Retreats

Our typical weekend retreats, like those given at other retreat houses, are preached retreats where the retreat master gives talks to the entire group of retreatants.

In contrast, our **Ignatian Retreats**, listed to the right, also known as **Directed Retreats**, allow each retreatant to meet privately with the retreat director every day.

Based on *The Spiritual Exercises of St. Ignatius of Loyola*, the heart of the Ignatian Retreat involves spending four or five prayer periods each day in meditation on scripture. **Ignatian Retreatants** journal about their prayer times and the movements that occurred, so that when they meet with the director, they can be given guidance and appropriate meditations.

Contact us to inquire about scheduling 4-day, 8-day, and 30-day Directed Ignatian Retreats on other dates.

- Dec. 30-Jan. 2, 2022 with Fr. Barak & Fr. Coulter (4-day or 8-day)
- Mar. 13-16, 2022 with Fr. Barak & Fr. Coulter (4-day or 8-day)
Spring Break discount for students
- Mar. 24-27, 2022 with Matt Simmons & Fr. Coulter (4-day or 8-day)
- Apr. 11-14, 2022 with Fr. Barak & Fr. Coulter (4-day Holy Week)
- Apr. 21-24, 2022 with Matt Simmons & Fr. Coulter (4-day or 8-day)
- May 17-25, 2022 with Fr. Barak, Fr. Coulter & Matt Simmons (8-day or 4-day)
- June 13-21, 2022 with Fr. Barak & Matt Simmons (8-day or 4-day)

Most 4-day Directed Ignatian Retreats can be extended to 8 days, e.g. ending Thursday instead of Sunday.

At home Directed Ignatian Retreats provide spiritual direction via Zoom and are available at half the price.

Register online at: goodcounselretreat.org
or contact: office@goodcounselretreat.org · 402-786-2705
The typical suggested donation is \$180.

As a Catholic ministry in the Diocese of Lincoln, our Mission is to provide a sanctuary and experience which leads people to encounter Jesus Christ. Through inspiring retreats and warm hospitality, we seek to transform and renew the spiritual lives of all desiring the opportunity to listen to the Holy Spirit and know the Father's love, peace and healing.



Our LADY of GOOD COUNSEL

TENDING THE GARDEN A RECIPE FOR A FRUITFUL RETREAT



If the spiritual life is like tending a garden, with the passage of months and years, one's spiritual landscaping begins to need weeding, pruning, and attention.

Anyone who has been married for more than a few years knows a periodic "date night" does a marriage good. The same kind of intentional time set aside for one's lover equally applies to one's relationship with the Lord.

What makes for a fruitful retreat? A few qualities for anyone looking to "come away to a quiet place and rest awhile" (Mark 6:31).

1. NATURE'S CALMING GRACE

There is a reason why most contemplative communities are removed from urban areas. There is something therapeutic about being in nature – the rolling woodland, the gravel paths, the expansive night sky, and the falling leaves. Maybe it is that nature is bigger than us and inspires a kind of fear and awe that mirrors how we should feel before our Creator. The natural environment lends itself to contemplation. "When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him?" (Psalm 8:3-4).

2. THE POWER OF SILENCE

Cardinal Sarah writes in *The Power of Silence*, "Today many people are drunk of speaking, always agitated, incapable of silence or respect for others... the conquest of silence has the bitter taste of ascetical battles, but God willed this combat, which is within the reach of human effort."

It is amazing when you stop to think about how little silence we experience in our daily lives. When I would take the neighborhood boys away from the streets of the city, they were not only not used to the silence of nature but intimidated and frightened by it. So too undertaking a silent retreat is intimidating in some ways, because we are so attached to the noise and dings of daily life that silence has become an unnerving and intimidating stranger we needed to get reacquainted with.

The above is excerpted from Catholic writer Rob Marco, happily married father of three, who wrote this article at Catholic Stand— catholicstand.com/a-recipe-for-a-fruitful-retreat. He writes regularly about faith, family, sexual integrity, and Catholic masculinity at fatherofthefamily.blogspot.com

3. DETACHMENT

One of the first challenges of entering into more fruitful contemplation was burying my phone somewhere. I am as guilty as the next man of being too habitually accustomed to responding to every ding and vibration emanating from this technology that has reached near-appendage status. So I made a conscious choice to turn it off and lock it in my car for the duration of my retreat. And what was the result? Well, for one thing, I slept unbelievably soundly. And I didn't really miss that much – no emergencies, a few emails and notifications, some texts that could wait. It was a good practice (one I hope to continue).

St. John of the Cross noted that a bird can be tethered to the earth whether by a small string or a large rope (Ascent, Chapter 11, #4). In essence, any attachment, no matter how small, will hinder our flight to God, so we must actively work on detachment. We attach to such things because we feel God is not enough. Of course, this is a lie from the Enemy meant to keep us tethered to this earth and the things of it.

4. SIMPLICITY

In the natural environment, in silence, in detachment, we find a simplicity of the senses, which is as refreshing as a cool spring. Our lives are generally replete with unrecognized luxuries: indoor plumbing, hot water on demand, grocery stores, internet and television sets... the list goes on. A retreat is often an opportunity to simplify and escape this common luxury of the senses. In stripping it down as a kind of novelty, we discover that much of what we think we need to exist is superfluous and unnecessary.

We don't actually need much to live – simple food to eat and water to drink, books to read, a place to sleep. "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:31-33).

5. SCHEDULE

Having a set daily schedule can be a helpful method of structuring one's day when most of the superfluous distractions have been stripped away. Rising early and making a morning offering, reading the scripture for the day, attending Mass, reciting the Angelus, praying the Liturgy of the Hours, and an examination of conscience before bed are good ways to structure one's day whether on retreat or in the midst of daily life in the world. A schedule helps us avoid lounging around and falling into sloth, so take advantage of any opportunity you get to live it out.

6. DIRECTION

Good spiritual direction is not always easy to come by; sometimes a good confession and reading orthodox, spiritual books are as close as you are going to get. So when spiritual direction is available to you as part of a guided retreat, take advantage of it.

7. PRAYER

It should go without saying that prayer – our lifeline to God – should be at the heart of any spiritual retreat. St. Alphonsus' warning to make this a spiritual priority is succinct: "If you pray, you will be certainly saved; if you do not pray, you will be certainly damned." Whether it is formal prayer from a breviary, quiet contemplation or Adoration, a walking Rosary, or reading Scripture, there is no shortage of opportunities to pray while on retreat. It is the *raison d'être* of any Catholic "time away."

We deepen our relationship with God through prayer and improve our prayer lives by stripping away the things that prevent us from undertaking it. The effort does not have to be momentous or heroic. In being afforded the "luxury" of a retreat, we are really being charged as missionary disciples of the Lord Jesus. We must become "contemplatives in action," taking what we have learned under the tutelage of silence and bringing it back to a world which so desperately needs peace and solace.

SEE BACK FOR **SPRING 2022 SCHEDULE**

Our Lady of Good Counsel Retreat House

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goodcounselretreat.org • 402-786-2705 • office@goodcounselretreat.org

Weekend Retreats • Virtual Retreats • Ignatian Retreats • Private Retreats • Catering